

## **ABSTRACT**

### **The name Bachelor:**

Members of the intervention unit of the Czech police and self-defense

### **The objective of work:**

The aim of this work is to determine the actual state of subsidized hours of self-defense and martial arts at work, find out whether the members themselves consider the number of hours devoted to training and sufficient self-defense as compared with instructors who create clock, determine the number of hours devoted to self-defense and úpolovým members of sports in his spare time and to evaluate the most frequent suggestions to improve the concept of self-defense, both by members and instructors. Evaluate each intervention unit and the final is evaluated as a whole. The results then process and interpret research results.

### **Method:**

Research of this thesis was carried out with the help of the survey, the research tool is a form of questionnaires. These questionnaires will be part of the thesis.

### **Results:**

The research of this thesis gave the following results. Members evaluate the time spent in self-defense as an adequate job. Training in self-defense work in emergency units dedicated to two hours per week. In his spare time, he enjoys sports, self-defense and úpolovým 37 members surveyed, a majority of them. The most common consensus among members and instructors in the design to improve the concept of self-defense in employment was the requirement for external instructors more time spent training, self-defense and cooperation with other reporting units.

### **Keywords:**

Intervention unit, self-defense, combat sports